

Original Research Article**Comprehensive Objective Care In Ny "W" G1P0A0 With Swollen Legs And Blistering Nipples In Clinic "BI" Cipatat District West Bandung**

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ABSTRACT

Introduction to this study Physiological changes in pregnant women are changes in shape or anatomical and hormonal changes. Swelling of the legs is one of the pregnancy discomforts that pregnant women often complain about. According to the results of a survey at the "BI" CLINIC of 61 pregnant women encountered, as many as 49 experienced the discomfort of swelling of the legs and there were 10 puerperal mothers and 2 of them had nipple blister problems. The purpose of this study was to be able to provide comprehensive obstetric care to Mrs. "W" by giving warm water baths, at the "BI" Citatah Clinic, Cipatat District. **Methods** The research method used is a case study study by conducting an assessment and upbringing the subject of the study, namely Mrs. "W" with complaints of leg swelling in the III trimester pregnancy. **Results & Analysis.** The results of the case study carried out were the provision of soaking soaking warm water with a temperature of 38°C for 20 minutes carried out 3 times a day regularly, so that the mother felt that the swelling that the mother experienced was reduced. In the puerperium, the mother experiences blistered nipples and is given breastfeeding technique care and the results of the nipples heal after 6 days. **Discussion.** The conclusion of this case study is that after a warm water bath for 2 weeks with 3x sehari the natural swelling is reduced, as well as in the puerperium the lecath nipples heal after being given the correct breastfeeding technique care.

Keywords: Swollen Legs, Warm Water Soak

INTRODUCTION

A woman's pregnancy is a unique and normal event. Throughout pregnancy, there are various physiological processes that occur. Changes experienced by pregnant women are natural (Maharani & Hayati, 2020). Each of these changes can be adapted to a woman's body. For pregnant women who need care from health workers, especially midwives, this adaptation process can sometimes be accepted or can be a complaint (Meti Patimah, 2020). Pregnant women experience hormonal changes and changes in shape or anatomy. Pregnant women may experience pain in the bones and muscles due to hormonal changes. Hormonal changes can also affect the bones and muscles so that pregnant women can experience discomfort in the form of swelling of the legs.

Swelling of the legs during pregnancy can be caused by normal factors, both typical (physiological) and abnormal (pathological) factors. The mineral sodium often builds up during pregnancy and draws water, leading to a buildup of fluid in the tissues. In addition, the larger uterus puts pressure on the vena cava, a large blood artery in the right abdomen,

which reduces the amount of blood returning to the heart and causes accumulation of blood in the lower limbs. Mother feels this pressure when she is on her right side or back. Preeclampsia, cellulitis, and deep vein thrombosis are all conditions that can cause abnormal edema. Blood pressure above 140/90 mmHg, swollen feet with warmth or redness, and a severe headache or abdominal pain are warning symptoms for mothers with leg swelling

According to the results of a survey of 65 pregnant women seeking treatment at the "BI" CLINIC, 49 (or 75% of them) complained of discomfort due to swollen feet in TM III and on average they did not know how to deal with it. relieves pain, which involves foot baths in warm water

The author chose warm bath therapy by encouraging the release of endorphins, which have analgesic qualities, can reduce stress levels. This warm foot bath therapy widens blood vessels, which lowers afterload and lowers blood pressure. It also increases blood flow back to the heart, which reduces edema.

Breastfeeding is one of the activities that a mother can enjoy during the postnatal recovery period. The act of breastfeeding involves feeding the baby breast milk that comes directly from the

mother's breast. Exclusive care that starts from infancy and lasts until the age of six months is breastfeeding without additional complementary foods (such as orange juice, honey, or sugar water). Breastfeeding exclusively for six months is harder than you might think. The goal of exclusively breastfeeding infants during the first six months of life faces many challenges.

Sore nipples are one of the problems in infants that are usually associated with lactation management. Blisters, cracks, or cracks are signs of sore nipples. 23% of primiparous mothers and 31% of multiparous mothers experienced this scenario during the first week after the baby was born. If the mother takes good care of the breasts and exercises consistently, this problem can go away on its own (Astutik, 2014). Cracked nipples are one of the breastfeeding problems caused by trauma to the nipples during breastfeeding, in addition to cracks and the development of cracks. Mothers who breastfeed their babies reported experiencing nipple pain in 57% of cases. According to the World Health Organization (WHO), 1 to 1.5 million babies per year die from not being exclusively breastfed

A good breastfeeding technique is when the areola as much as

possible should be entered into the baby's mouth while breastfeeding. However, mothers with large breasts cannot do this. For this, the baby's mouth pressing the milk reservoir (sinus lactiferus), which is located in the upper part of the areola behind the nipple, is sufficient. Babies can suck only a small amount of milk if they only feed on the nipple, and as a result the mother will experience nipple blisters. According to the results of a survey at the "BI" Clinic on 18-28 February 2022, there were 10 postpartum mothers and 2 of them experienced sore nipples, one of which was Mrs, "W" P1A0 as the subject of the case report. From the results of the interview, it is known that Mrs, "W" P1A0 does not have knowledge about breastfeeding and does not know the correct breastfeeding technique.

METHOD AND ANALYSIS

The research method used is a case study by conducting an assessment to providing care from 39 weeks of gestation to KF and KN 3. The design in this study used a case study approach that was carried out on Ny. "W".

RESULT

The first time the author met the patient on February 8, 2022 at 15:00

WIB, the results of the examination found that the mother had complaints of swelling in the legs. At 38 weeks 5 days of gestation, carried out 3 times a day for 20 minutes regularly, there was an effect on reducing the level of swelling in the legs and discomfort in the mother. On Thursday, March 3, 2022, the mother said she felt pain in her breasts because they were slightly blistered. The wrong technique, namely if the baby only sucks the nipple because the baby can only breastfeed a little and the mother will develop sore nipples.

DISCUSSION

Mrs. "W" experienced swelling discomfort in the legs in the third trimester and was given care of giving warm water baths for 20 minutes, carried out 3 times a day on a regular basis and the mother felt comfortable because of relaxation and reduced swelling in the legs.

In this case Mrs. "W" had sore nipples on day 3 of the puerperium. The areola should be placed all the way in the baby's mouth while breastfeeding however, mothers with large breasts cannot do this. For this, the baby's mouth presses on the milk reservoir (sinus) lactiferus) located at the top of the areola behind the

nipple is sufficient. The wrong technique, that is if the baby only sucks the nipple because the baby can only breastfeed a little and the mother will get sore nipples.

CONCLUSION

There were significant changes before and after being given the warm water bath intervention with swelling of the feet, as well as significant changes after the correct breastfeeding technique was carried out to reduce sore nipples.

Midwives can provide warm water soaking interventions, especially for pregnant women with swelling discomfort in the legs and correct breastfeeding techniques as one of the efforts of health workers to help reduce sore nipples.

For further researchers, the case study is expected to add information and add insight into the science of midwifery, especially regarding comprehensive midwifery care for pregnancy with TM III discomfort, swollen feet and puerperium with sore nipples.

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